



The
**Chiropractic
 Voice**

February 2014
 Volume 1 Issue 2

Absolute Chiropractic 3774 Walker Rd. Windsor, ON N8W 3S8
 (Email)officeadmin@absolutechiropracticwindsor.ca (Phone) 519-967-8592 (Fax) 519-967-8595

INSIDE THIS ISSUE

1. What would your advice be?
2. What would your advice be con't.
3. Meaghan's table
4. Book of the Month
5. Recipe of the Month
6. Supplement Sale
7. Dinner Talks

Affirmation

I am in charge of how I feel
 and today I am
 choosing happiness.

What would your advice be?

I was reading in a magazine and a variety of people were asked "If you could offer one piece of advice what would it be?" I thought I would share some of the responses they gave.

"Share your story. Someone who is going through a hard time needs to know that you have been there too. What does not kill you make you stronger and better."

"Act in a loving way toward all living things. We have abused and overused the Earth for so many years. We need to slow down and look closely at our actions. You never know what they will lead to down the road."

"Nobody is perfect. If someone is having a bad day, give her room to be human, compassion can always turn things around."

"Treat other with the same respect you want to be treated with. And do not forget to respect yourself too."

"Understand and embrace the idea that happiness is a choice! You can choose to be happy despite the present circumstances and that will give you the fuel you need to get through anything."

A few of my own thoughts,

“I have learnt and believe that what I have control of is my reaction. I choose to react in a healthy way. Things like guilt, sadness, happiness, laughter are all a choice. I also have learnt that sometimes we need to ask for help. We are not alone. There are experts in every field and asking them for their expertise is wise not weak. Or sometimes it is family or friend we can ask for help. Everything happens for a reason even the not so great stuff. I choose to be an excellent example for my son. I choose to surround myself with people I want to be like, I can learn from, who build my self esteem and those I have fun with.”

I wish you love, happiness and success! If we have not see you in a while I would love for you to book for a chiropractic check up give us a call 519 967 8592!

Here is a precious picture of my son!



Meaghan's Table:

Back in November I read an article in the Windsor Star forecasting what sort of winter we should be expecting this year given that the last few winters have been short and mild, the headline was "Unpredictable winter predicted for Windsor Essex". Well I have to say they nailed it! Who could have imagined the arctic vortexes and all this snow.

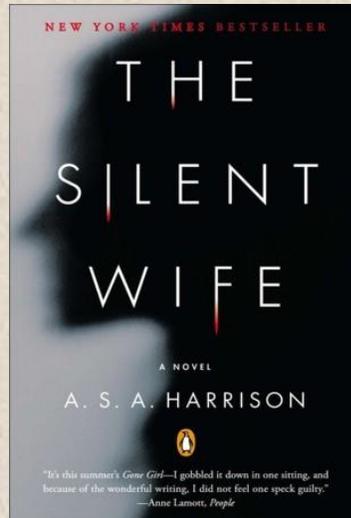
I'm not much of a winter person, I like warmth and sunshine, now that I'm through the holidays, the only thing I have left to look forward to this winter is the Olympics. I love the Olympics, especially the winter Olympics. From February 7-23 I will be spending an embarrassing amount of time glued to my TV or computer screen.

I love the sledding events (bobsled, luge and skeleton), and find speed skating really exciting too. I grew up loving curling, and will follow the men's and women's team through the tournament; I even find the biathlon and cross country skiing fun to watch. And of course, being Canadian it goes without saying I'm excited about hockey (although I prefer watching the women's team...Go Meghan Agosta). Needless to say, I'm kind of a winter Olympics junkie.

Have a great February, try to stay warm and if you get a chance cheer on team Canada...there isn't much else to do in February anyway.

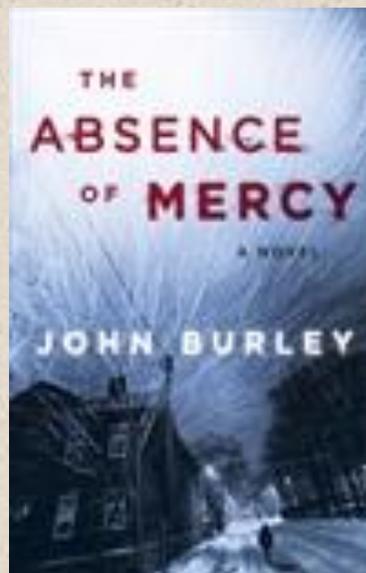
January Book of the Month:

The Silent Wife
By: A.S.A. Harrison



February Book of the Month:

The Absence of Mercy
By: John Burley



Recipe of the Month:

Apple Sweet Potato Pie Cupcakes

Ingredients:

- 1 cup all purpose flour
- 1tsp baking powder
- ¼ tsp baking soda
- 1 tsp ground cinnamon
- ¼ tsp allspice
- 1/8 tsp salt
- ½ cup unsalted butter, softened
- ½ cup granulated sugar
- 2 large eggs, room temperature
- 1 generous cup sweet potato puree
(1 lrg sweet potato)
- ½ tsp pure vanilla extract
- ½ cup semi-sweet chocolate chips

Instructions:

Pre heat oven to 350 degrees. Mix all ingredients in large bowl. Pour ingredients into cup cake tin at your desired level. Bake 12 to 15 minutes. Let cool to decorate.

Maple Butter Cream Frosting

Ingredients:

- 1 Cup unsalted butter, softened
- 3-4 cups confectioner's sugar
- 1 cup pure maple syrup
- 1 tsp vanilla extract

Supplement Sale

15% OFF

Omega 3 supplements have become extremely important today because of our modern eating patterns. Naturally in nature a balance occurs between Omega Fats in a ratio of 4:1 of Omega 6 to Omega 3. In most of today's foods that ratio is closer to 20:1 Omega 6 to Omega 3. This occurs due to the processing of foods as well as processed feed and grains given to animals we eat that naturally would have had a grain free diet. The use of a Omega 3 supplement can play a major role in helping to reduce the inflammation process in our bodies that contribute to heart disease and high cholesterol, not to mention helping with arthritis, insulin resistance and with brain functioning. Try our Opti-EPA for your Omega 3 needs.

Opti-EPA:

Sale: \$27.60

Regular: \$32.50

Opti-EPA Enteric Coated

Sale: \$30.55

Regular: \$35.95

Sale Valid February 1st-28th

We would like to invite you and a guest to attend one of our Chiropractic Dinner Talks.

This talk will give you the opportunity to share with someone you know about the benefits of chiropractic care. Please review the following date and let us know if you and a guest would be able to attend.

Thursday, April 10th at 6:15pm